

Daniele Clarke

AUTHOR AND FOUNDER OF SUPERPOWER KIDS

MEDIA KIT



WWW.SUPERPOWERKIDS.NET



Hi
I'm Dani



 6,000 instagram followers

Daniele Clarke is the founder of Superpower Kids, a program that delivers social emotional learning resources to thousands of children in Australia and globally. Her passion is equipping parents, educators, and mental health workers with tools to support the emotional development of children, leading them to a brighter future.

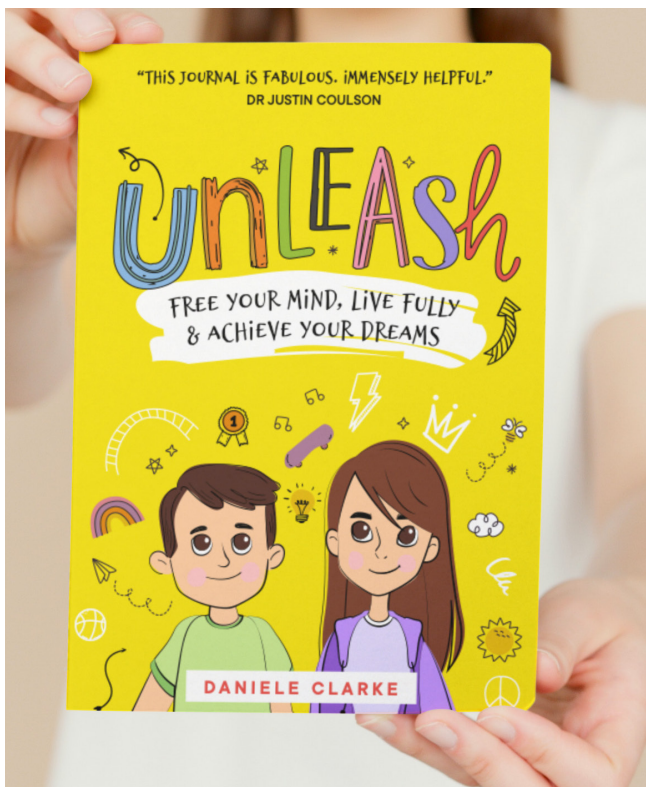
 5,000 email subscribers

Daniele is registered with the Psychology Board of Australia. She started her career in private practice in Brazil. In 2005, Daniele moved to Australia to work with families in need. Today, she shares her knowledge and experience by writing and speaking. Daniele is a regular contributor to online and print media. She lives in Brisbane, Australia with her husband and two kids.

THE BOOK

Unleash

Free Your Mind, Live Fully, And Achieve Your Dreams



From the author of the Social Emotional Learning Program, Superpower Kids comes 'Unleash - Free your mind, live fully, and achieve your dreams'.

This journal based book includes activities and prompts that will help children learn how to manage their emotions, set goals, and live a full life.

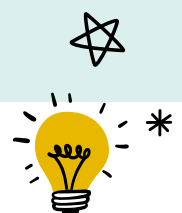
Your child will be left feeling liberated, empowered and confident to not only understand anxiety but also how to manage it in.

Daniele Clarke's background in psychology and experience with her own daughter led her to create the resource. With over 15 years of experience working with children, Daniele knows how important it is for kids to have a tool they can use to conquer their fears.

Through the journal, your child will learn about:

- ✓ the brain
- ✓ thoughts, feelings, and behaviour, and how they are connected
- ✓ body signs
- ✓ relaxation strategies
- ✓ self-worth
- ✓ problem-solving
- ✓ what it takes to be brave.

Daniele Clarke hopes **Unleash** will inspire children to believe in themselves and unleash their inner superheroes.



THE BLOG

Positive Values

Social & Emotional Learning (SEL) is the secret sauce of child development.

We aim to provide the best SEL content on the web, so you can give your child the best head start.

Our articles answer all your tough parenting questions and help you develop a deeper understanding of how to raise an emotionally intelligent child.

Popular articles

- ♡ [Proprioceptive Activities for Kids](#)
- ♡ [How to Teach Bravery to Your Child](#)
- ♡ [11 Ways to Resist Peer Pressure](#)
- ♡ [The Powerful Effects of Building Resilience in Children](#)
- ♡ [Should Parents be Involved in a Child's Career Choice?](#)



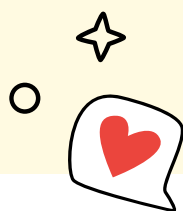
Testimonials

I can't even remember how I happened upon it, but I really love your weekly emails. Sometimes I think you may have been watching us - your topics are so 'on-point'.

Lauren Davies

I am a fan of your site and products and have recommended your site to many friends/teachers as I believe your educational and mindfulness books are amazing, these should be made available in every primary school.

Stephen Lovchylid



IN PERSON

Speaking

Daniele uses her experience to speak in schools, community and online events and through media.

DURATION

50 minutes

RECOMMENDED AUDIENCE

Primary Parents

Unleash your inner superhero. Help your child overcome anxiety.

Anxiety can paralyse children and prevent them from achieving their dreams. It is heartbreaking. This presentation offers actionable strategies parents can use to help their children break through this barrier.

- ✓ the brain
- ✓ thoughts, feelings, and behaviour, and how they are connected
- ✓ body signs
- ✓ relaxation strategies
- ✓ self-worth
- ✓ problem-solving
- ✓ what it takes to be brave.



MEDIA

Features


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NaturalParent

MAGAZINE

Love Your Work, Parenting / August 30, 2021

TEACHING VALUES-BASED LIFE SKILLS & EMOTIONAL HEALTH FOR KIDS



Created by mum-of-two [Daniele Clarke](#), [Superpower Kids](#) is a program that teaches children about values and how to express and apply them in healthy ways, empowering them with the confidence and skills to live these values in a positive manner. As a psychologist,

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Parents.

How Much Should Parents Influence Their Kid's Career Choice?

A recent survey found that 40 percent of people felt pressured to follow their parents' career advice. Here's how to set a foundation for healthy career influence.

By [Bridget Shirvell](#) | Updated on January 18, 2023

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PHOTO: GETTY IMAGES.

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NaturalParent

MAGAZINE

Parenting / August 16, 2021

SCHOOL CAMP ANXIETY – 10 PRACTICAL STEPS YOU CAN TAKE TO PREPARE YOUR CHILD FOR CAMP



By [Daniele Clarke](#)


Camps can be a time of fun and friendship-building. Getting away from the classroom for a few days and

Mindful Parenting

nourishment for the nurturer

Daniele Clarke

Stories by




self-care

Self-acceptance: the capstone of wellness

I ran an experiment on myself recently and the results were extraordinary.

Daniele Clarke

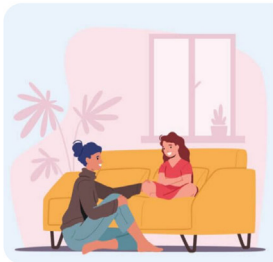


self-care

From chaos to calm

Could mental models be the key to streamlining our hectic days?

Daniele Clarke



relationships

The gentle art of building resilience

How do we equip our young people with the skills to cope with adversity?

Daniele Clarke

INTERVIEW QUESTIONS

- ✓ Anxiety disorder is the second most common disorder among all children (6.9%, and the most common among girls (6.1%). - It is time we understand it better. Is anxiety dangerous?
- ✓ How could you explain anxiety to a child in a way they could relate to?
- ✓ What prompted you to write this book?
- ✓ In your book, you talk about Neuroplasticity. Why is it important to teach children about the brain?
- ✓ As parents, we sometimes try to dismiss our children's concerns because we fear we might make it a bigger issue. Is talking about anxiety going to make my child more anxious?
- ✓ It often seems that how we feel depends on the situation or what is happening, but this isn't true. So how do our thoughts contribute to our feelings?
- ✓ If I could only implement one of the strategies you mention in your book, what strategy should it be?
- ✓ What is the biggest mistake we make when trying to help a child with anxiety?
- ✓ What role does Mindfulness play in controlling anxiety?
- ✓ I only feel anxious when I know something is going to go wrong. Isn't it OK to be anxious, then?
- ✓ How important are self-esteem and having a positive attitude to control anxiety?

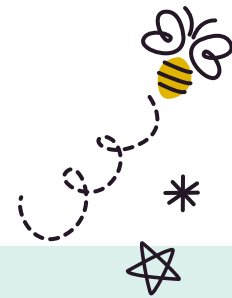


Photo Downloads





From my family to yours, I hope Superpower Kids provides you and your child a scaffold from which to build emotional intelligence – and, significantly, contributes to developing a family culture that facilitates growth, openness and support.

Dani.

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